

Heights Community Center, Senior Program February 2016 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sunet Club Bingo 10– Noon Cribbage 10- Noon	2 AARP Foundation Tax-Aide appointments 9 – 11	3 <u>Bone Builders</u> 10-11 <u>Line Dancing</u> 10:25 – 10:55 <u>Walking Group</u> 11 <u>Zumba Gold</u> 11 – 11:30	4 AARP Foundation Tax- Aide appointments 9 – 11 Mah Jongg 1-4	5 <u>Bone Builders</u> 10 – 11 <u>Walking Group</u> 11
8 Bingo 10– Noon Cribbage 10- Noon	9 AARP Foundation Tax-Aide appointments 9 – 11 Medicare Specialist appointments 10 – 11:30	10 <u>Bone Builders</u> 10-11 VNA Senior Health Clinic 9 - 12 <u>Line Dancing</u> 10:25 – 10:55 <u>Walking Group</u> 11 <u>Zumba Gold</u> 11 – 11:30 <u>February Lunch</u> – 11:45	11 AARP Foundation Tax- Aide appointments 9 – 11 <u>Mah Jongg</u> 1-4	12 <u>Bone Builders</u> 10 – 11 <u>Knitting Group</u> 9:30 – 11 <u>Valentine Cookie</u> <u>Decorating Party</u> 11:30 – 1:00 <u>Walking Group</u> 11
15 <u>President's Day –</u> <u>Offices Closed</u>	16 AARP Foundation Tax-Aide appointments 9 – 11	17 <u>Bone Builders</u> 10 – 11 VNA Senior Health Clinic 9 – 12 <u>Line Dancing</u> 10:25 – 10:55 <u>Adult Coloring</u> 9:30 - 11 <u>Walking Group</u> 11 <u>Zumba Gold</u> 11 – 11:30	18 AARP Foundation Tax- Aide appointments 9 – 11 <u>Mah Jongg</u> 1-4	19 <u>Bone Builders</u> 10 – 11 <u>Book Discussion</u> 11- 12:30 <u>Walking Group</u> 11
22 Sunset Club Bingo 10– Noon Cribbage 10- Noon	23 AARP Foundation Tax-Aide appointments 9 – 11	24 <u>Bone Builders</u> 10-11 <u>Walk-In Wednesday</u> 10 – 12 <u>Line Dancing</u> 10:25 – 10:55 <u>Zumba Gold</u> 11 – 11:30 <u>Walking Group</u> 11	25 AARP Foundation Tax- Aide appointments 9 – 11 <u>Mah Jongg</u> 1-4	26 <u>Bone Builders</u> 10 – 11 <u>Walking Group</u> 11 <u>Trivia</u> 11 – 12 Noon
29 Bingo 10– Noon Cribbage 10- Noon				

Heights Community Center, Senior Program February 2016 Calendar

At a Glance.....

AARP Foundation Tax-Aide-Every Tues and Thurs 9-1

Cribbage – Every Monday, 10 – noon

Line Dancing – Every Wednesday, 10:25 – 10:55

Zumba Gold – Every Wednesday, 11- 11:30

Walking Group - Every Monday, Wednesday & Friday, 11:00

Mah Jongg – Every Thursday, 1:00 – 4:00 pm

Medicare Specialist - Tuesday, Feb 9, 10 – 11:30

February Lunch - Wednesday, February 10, 11:45

Knitting Group – Friday, February 12, 9:30 – 11:00

Valentine Cookie Decorating Party – Fri, Feb 12, 11:30 – 1:00

Book Discussion - Friday, February 19, 11:00—12:30

Adult Coloring - Wednesday, February 17, 9:30 – 11

Trivia - Friday, February 26, 11:00—Noon

VNA Senior Health Clinic- Wednesday February 10 and 17, 9:00 – Noon

VNA Walk-In Wednesday – February 24, 10:00—Noon

All seniors age 50+ are welcome to join
any activity. Questions? Contact Becky at 230-4982 or
Rbukowski@ConcordNH.gov.

*Activities listed in red are new activities this month.

AARP Foundation Tax-Aide – for appointment call 211 or go online to www.nhtaxhelp.org.

Adult Coloring –We have pictures and colored pencils!

Book Discussion Group—we will be discussing The Borrower by Rebecca Makkai. See Becky to borrow a book.

Cribbage – we have the boards, pegs and cards.

February Lunch-free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. Sign-up is required by January 8th.

Knitting Group –learn to knit or knit with us and share your expertise. Materials and an easy knitting pattern are provided.

Line Dancing – have fun while you exercise! \$25 for 6 weeks or \$5 for walk-in.

Mah Jongg– for experienced players.

Medicare Specialist – sign up for appointment with Becky.

Trivia—Questions about history, sports, pop culture, music and movies are the theme. Fun and prizes!

Valentine Cookie Decorating Party – Bake and decorate holiday cookies with Kari Inglis. Advance sign-up. \$10 for Concord residents and \$15 for non-residents.

Walking Group-walk in the indoor comfort of the community center. Enter your name into a raffle for a \$25 gift card.

Zumba Gold –easy and fun dance activity for seniors at all activity levels. \$15 for 5 weeks or \$4 per class.